



## ONE HUNDRED WORDS

Breathe. Self-care comes first:  
Nurture your mind, body, and spirit.

🌿 Be optimistic. Choose happiness.

Don't take things personally and  
don't make assumptions. 🌿 Be good to people. Foster  
friendships. Be vulnerable and love passionately. Trust  
others. Trust yourself. 🌿 Always do your best but embrace  
the imperfections. Refuse to let fear guide your decision-  
making process; act, even when you're afraid. 🌿 Ask for  
what you want. Collect opportunities and create your own  
luck. Explore. Try new things and keep an open mind. 🌿  
Be present in the moment. Share without reservation. Do  
what you love—do it often. Cultivate gratitude and joy.

🌿 *J.D. Roth* 🌿